

## **[This is NOT a continuation of the previous document.]**

I worked at a psych facility in northern Arizona in the late 90's that changed me from being very doubtful of anything paranormal into someone who knows there is "something" going on around us.

I work night shift.. I've always preferred it and have almost always had NOC shift. From almost day one working at that facility, I had coworkers telling me "You know this place is haunted right?" I thought "nonsense" but, then I started hearing and seeing it also. The locked facility where I worked was in the back of the larger office area of the outpatient clinic. There was a locker door that separated us from the that area. Motion detection security was set at night and any access to the front offices would require deactivating the alarm. My point is, there should be nobody up there, nevertheless; You could sit by that door, put your ear up to it and listen to things going on all night long.

You could hear sounds of doors opening and closing, footsteps, knocking and occasional faint voices. I would be convinced there was someone up, so on several occasions I would walk the perimeter of the building. I would look into the windows and never saw anyone. All the lights would be off... nothing. However, the really creepy stuff would happen in the locked unit where I worked.

About twice a month, we would hear the faint sound of what sounded like a baby crying coming from the ceiling. I was in denial and told myself it was a cat living up there. I remember one night I was sitting working with a nurse doing paperwork. She sees me look up. She smiles and says "You hear it, don't you?" It gave me the chills.

We had one patient room that the clients would walk out of in the middle of the night claiming "someone is in my room!" It was always the same room and not always the same patients. It always described as "a guy" or "a man" is standing next to their

bed.

One night, we had no patients on the unit (a rarity).. again we were in the day area doing paperwork and the door to that room violently flew open. It was not a draft, nobody was anywhere near the door. It had never happened before and I never saw happen again after that.

Hear are the two things that finally convinced me that something was really spooky with that place:

We had a patio in the back of the unit where we could take the patients for smoke breaks. It had two doors for access, one from the kitchen and one from the nurses station. It was another of those rare nights with no clients. I sat out on patio for hours talking with a coworker. It was summer so we had the nurses station door open. I sitting there in the middle of conversation, facing the open door, when I see this white cloud moving along the ceiling of the nursing station. It came out of the children's unit, through a doorway and continued on through the nursing station and out of sight. The coworker looked at me and said "What did you just see!?" I hesitantly told him and he conveyed that apparently other people had described seeing the same thing in the past. It was not smoke. It was like smoke, but not. I guess it was more like what is described white ectoplasm is described as.

Working night shift as usual, but this time we are completely full. All beds taken with patients. On this night I begin to feel ill. I take my temp and I'm running like 100+ fever, but we are busy and short staffed, so I stay on for the entire shift. Close to the end of shift I used the restroom in our children's unit (the only open beds we had). It is a small two room unit with a small day area and a restroom in between the two bedrooms. I go in, piss, and as I'm walking out and back into this small day area, I see a man standing next to me.

The guy was wearing a brown suit like one a man would wear from the 1930's or 40's. It was there in my peripheral vision for a split second and when I looked directly at him.. he was gone. I

didn't get spooked. I honestly did not even give it much thought. I figured being tired and running a moderately high fever just caused me to see some stupid shit out of the corner of my eyes. I called off of work for that next night and rested up. So two days later I return to work. We did our usual, take care of the patient's needs until they were all off to bed and then started on the nightly paperwork. While doing the paperwork this nurse says "Hey anon, remember the other night when you were sick? I saw a ghost in the kids unit!" She had already described it to everyone the previous night while I was home sick.

She starts to tell me "That night before shift change, I used the restroom in the kids unit and when I walked out..." I stopped her and said "Wait, was there a guy standing there wearing a brown suit from like the 40's." She had described to everybody seeing the same thing I had seen. I told absolutely nobody what I saw because I didn't care.. I thought I was just seeing things due to the fever. Our coworkers thought we were just fucking with them and set the whole thing up.

That building is gone now. It's been torn down and is now an In-N-Out Burger.

The second haunted psych facility I worked at is in southern California. Just recently our organization moved from that building into a new building. That old building was converted into a psych facility after been run as a nursing home (elder care) since the 60's. I bring it up because a lot of people have died in the building. I have a few decent stories about from my time in that building, but I'm about to do shift change. I'll look up the thread when I get and if you anons want more stories, I will tell them.